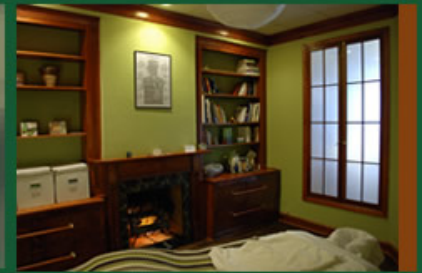


# 360 massage and holistic care

1514 Wealthy St SE Ste 210, Grand Rapids, MI 49506  
616.242.0034 Nichole Caudle | Carly Starin



www.360massage.com



"Our hands are nature's aspirin"

## WELCOME TO 360

### O U R M I S S I O N

To provide alternative, comprehensive and natural sources of health care. We achieve this through our knowledge and expertise in massage, manual/clinical, therapies, nutrition and herbal compliments. Encouraged health is a proactive stance that empowers each individual personally.

### H o w c a n I s c

Come on in! ...Walk in's are welcome. [Email us](#) or call us at 616-242-0034.

## ABOUT 360'S THERAPISTS

**C S a T r A I T y E** Co-founder of 360 Massage and Holistic Care LLC, offering 6 years of extensive training in manual massage therapies, complimenting a sports driven lifestyle. You may reach Carly by phoning or texting her at (616) 460-6166.

**N i c h o S l e P s C y C o u h d o** Founder of 360 Massage and Holistic Care, offering 5 Years of Manual Therapy training, and 4 Years of Nutritional training , working specifically with the chronically ill and chronically stressed. Currently working toward a Doctorate in Naturopathic Medicine. You may reach Nichole at (616) 204-4003.

**D a n i e l** has been practicing many a forms of bodywork for 7 years now. He is currently working towards a BS in Medical Laboratory Science at GVSU. You may reach Daniel by phoning or texting him at (616) 460-2335.

**K e v** takes appointments for Ionic Detox offering a relaxing foot bath that provides an ion cleansing process for a total body detox.

T o d d F R e a c n e c p o t i i  
T o d d ' s h o s p i  
w e l i k e t o k e  
a t ( 6 1 6 ) 2 4 2

## SERVICES

- Manual/Medical Massage Therapy
- Acupressure/Cupping Treatments
- Reiki Treatments
- Herbal medicine and Products for Home Care
- Detox and Cleansing, Ionic Foot Cleansing

### W h a t i s M a n u a l M a s s a g e

Within the profession, manual therapy is defined as a clinical approach utilizing skilled specific hands-on techniques, including but not limited to manipulation/mobilizing.

Each therapist assesses and treats soft tissue joint structures for modulating pain; improving contractile and non-contractile tissue repair, extensibility, and/or stability; facilitating movement; and improving function.

## GROUPS, BLOGS & FIT CLUB

- 360 Fit Club
- 360 Nutrition
- 360 Cycling Team
- Links to our new blogs and programs coming soon!
- [Follow us Facebook](#)



- [Follow us on Twitter](#)



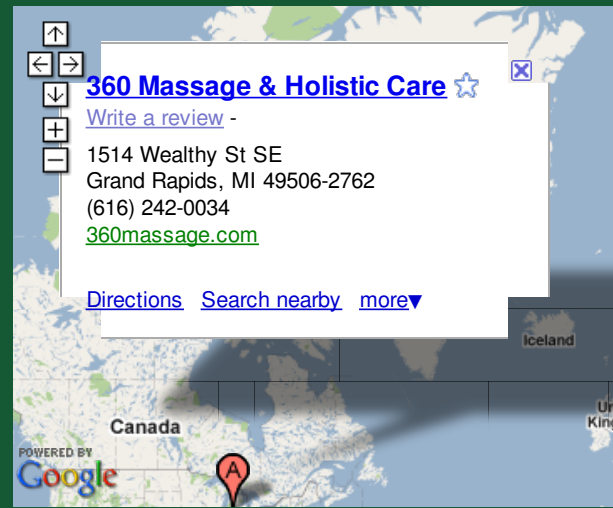
## WHERE IS 360 MASSAGE?

3 6 0 M a s s a g e

In Eastown on Wealthy Street above Wolfgangs.

1514 Wealthy St SE, Suite 210  
Grand Rapids, MI 49506  
e-mail: [info@360massage.com](mailto:info@360massage.com)  
website: [www.360massage.com](http://www.360massage.com)

## MAPS AND INFO



[Home](#) | [Email](#)

BW DESIGNS

[Site by BrassWind Designs](#)